

# A Bare Crib is a Safer Crib!



Reduce the risk of  
SIDS, suffocation, and  
other sleep-related  
infant deaths!



- Keep bumpers, pillows, blankets, stuffed animals and other soft objects out of a baby's sleep space!
- Use a crib, bassinet, portable crib or play yard that meets Consumer Product Safety Commission standards:  
[www.cpsc.gov/Safety-Education/Safety-Education-Centers/cribs](http://www.cpsc.gov/Safety-Education/Safety-Education-Centers/cribs) (800) 638-2772
- Always place baby to sleep on his/her back for every sleep!
  - Offer baby supervised tummy time when awake to help good development.
  - Once baby can roll from belly to back and back to belly, at around 6 months, baby can remain in the position he/she assumes.
- Share your room, not your bed!
  - It is safer to avoid sleeping in the same bed with your baby.
  - Place crib, bassinet, portable crib or play yard in your room, near your bed, for at least the first 6 months!
- Cover baby's firm crib mattress only with a tightly fitted sheet!
- Do Not Smoke or allow anyone to smoke in your home and around baby!
- Instead of a blanket, use sleep clothing such as a wearable blanket if needed!
- Avoid overheating a sleeping baby!